



Winchester Country

Published Monthly by the Winchester Country Civic Association

Volume 11, Issue 1

January 2014

..... **January 2014**

- 1 Happy New Year!
- 1-5 CFISD Holiday
- 9 Maintenance Board Meeting
- 20 Martin Luther King
(CFISD Holiday)
- 27 Senior's Meeting
@ Clubhouse 6pm

..... **February 2014**

- 2 Ground Hog Day
- 12 Lincoln's Birthday
- 13 Maintenance Board Meeting
- 14 Happy Valentine's Day
- 17 President's Day
- 22 Washington's Birthday
- 24 Senior's Meeting
@ the Clubhouse 6pm

..... **March 2014**

- 9 Daylight Savings Time Begins
- TBA Homeowners Association Meeting
– Open to all residents
- 13 Maintenance Board Meeting
- 17 St. Patrick's Day
- 17-21 CFISD Spring Break
- 24 Senior's Meeting
@ the Clubhouse 6pm



**WINCHESTER COUNTRY BOARD
WOULD LIKE TO WISH ALL
OF OUR RESIDENTS A VERY**

**HAPPY
NEW YEAR!**

MAINTENANCE ASSOCIATION BOARD

| | |
|----------------------|--------------------------------------|
| President | Nicole Chovanetz |
| | wcmapresident@winchester-country.org |
| Vice President | Vicki Hamm |
| | wcmavp@winchester-country.org |
| Secretary..... | Peter Dayton |
| | wcmasecretary@winchester-country.org |
| Treasurer | Peter Dayton |
| | wcmatreasurer@winchester-country.org |
| Director | Barbara Dorr |
| | wcmadirector1@winchester-country.org |
| Director | Richard Burgess |
| | wcmadirector2@winchester-country.org |

WCMA OTHER CONTACTS

| | |
|-----------------------------|---|
| SCS Management | wcmasc@winchester-country.org |
| Security | wcmasecurity@winchester-country.org |
| Pool..... | wcmapool@winchester-country.org |
| Tennis | wcmatennis@winchester-country.org |
| Parks | wcmaparks@winchester-country.org |
| Clubhouse..... | wcmaclubhouse@winchester-country.org |
| Deed Restrictions | |
| | wcmadeedrestrictions@winchester-country.org |
| Community Landscaping..... | |
| | wcmacommunitylandscaping@winchester-country.org |
| Community Coordinator | |
| | wcmawhcoordinator@winchester-country.org |
| | Telephone (281) 890-8856 |
| Trash Issues | wcmatrash@winchester-country.org |
| Newsletter | wcmanewsletter@winchester-country.org |
| Web | wcmaweb@winchester-country.org |

IMPORTANT PHONE NUMBERS

| | |
|--|--------------|
| EMERGENCY or CRIME IN PROGRESS | 911 |
| WC Deputies | 713-221-6000 |
| Vacation Watch | 281-290-2100 |
| Post Office..... | 800-275-8777 |
| Harris County Flood Control District..... | 281-684-4000 |
| Harris County Animal Control | 281-999-3191 |
| SCS Management | 281-463-1777 |
| SCS Management FAX | 281-463-0050 |
| Advantage Water Mgt. (Water & Sewer) | 281-807-9500 |
| Cy-Fair Volunteer Fire Dept. | 281-550-6663 |
| Center Point Energy..... | 713-207-2222 |
| Reliant Entex..... | 713-659-2111 |
| Pool Phone..... | 281-890-9066 |

To report natural gas leaks: 713 659 2111 or 888- 876-5786
To report electrical outages: 713 207-2222 or 800-332-7143

NEWSLETTER INFO

| | |
|------------------|---------------------------------------|
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| Publisher | |
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WINCHESTER COUNTRY SENIORS' CLUB

If you are 55 years old and older we are looking for you. We meet the fourth Monday of every month at the Winchester Country Clubhouse. We meet at 6:00pm for snacks and fellowship. We play cards, dominions or other games. We are always open for suggestions. We go out to eat and attend plays at the Houston Family Arts Center on Grant Road or the 1960 Playhouse off of Cutten Road on Gant Road. For more information please call Helen Delaney at 281-469-8351. Our next meeting dates are January 27, February 24 and March 24.

OTHER SENIOR HAPPENINGS AROUND TOWN

Cy-Fair AARP Chapter #4543.meet the third Tuesday of every month at 10:00 am at Jersey Village Baptist Church in Building D, Room 101 located @ 16518 Jersey Drive, Houston, TX 77040. We gather for coffee, rolls, and fellowship about 9:30 am. We have speakers, we take day trips on a bus provided by Precinct 4 to various locations. We have trips planned for February 20, March 1, and April 24, 2014. We take in a movie at a local theatre once a month and we go out to eat after the meeting. We are not involved in AARP Insurance. We look forward to seeing you at one of our meetings. Call Helen Delaney 281-469-8351

PRECINCT 4 is offering bus trips from the Fairbanks Library. They will be going to the ART CAR MUSEM AND PINOT'S PLAETTE PAINTING STUDIO on January 29, 2014. Leaves at 10:30am and the cost is \$20.00 lunch on you own at Hickory Hollow Restaurant. They also offer a Senior Fitness Class and a Senior Game Day at the Fairbanks Library. Call 281-893-3726 for reservations and more information.

PRECINCT 4 also is offering lunch and entertainment at local establishment nearby. On January 14 at Jersey Village Baptist Church lunch is \$7.00. The look alike, sound alike John Denver Chris Collins will entertain us. On February 6featuring Moses Rangel a BBQ Buffet at the Lone Star College-University Park for \$10.00. Call 281-893-3726 for ore information.

JANUARY 2014 OFFICE HOURS

| | |
|-----------------|------------------------|
| Monday | 5:00pm – 7:00pm |
| Thursday | 10:00am-2:00pm |

CLUBHOUSE RENTALS

WINCHESTER COUNTRY SWIM & TENNIS CLUB
9607 RIO GRANDE
HOUSTON, TEXAS 77064
281-890-8856

Any Winchester Country resident who is current on their maintenance fee may rent the clubhouse. To expedite your rental, please call our Community Coordinator at our voice mailbox at 281-890-8856 or email wmcaclubhouse@winchester-country.org and leave the following information:

- Your name and address
- Date and time you wish to rent (if known)
- A daytime phone number (if possible as we try to return all phone calls weekdays between 8am and 5 pm)

CLUBHOUSE RENTAL GENERAL INFORMATION:

- Our Clubhouse has two rooms that may be used separately or as one large room.
- Clubhouse #1 holds approximately 80 people and has ten 6ft rectangular tables and 80 chairs. Full kitchen with microwave and coffee maker.
- Clubhouse #2 holds approximately 40 people and has five 60 inch in diameter round tables plus 40 chairs. Microwave, coffee maker and a small refrigerator.

RENTAL RATES:

- All Rentals must pay a refundable \$250 deposit. Your deposit check will be destroyed upon post-rental inspection or may be returned if you supply a self addressed, stamped envelope.
- Renting both rooms \$30.00 the first hour
- \$20.00 each additional hour
- Renting one room \$20.00 the first hour \$10.00 each additional hour
- All rentals have a ½ hour before and a ½ hour after to setup and clean up at no charge. (Additional time for setup and cleanup will be charged at regular rates.)
- All rentals are scheduled on a first come basis.
- No Alcohol or Smoking permitted in the Clubhouse.
- Any specific questions may be addressed to the Community Coordinator at 281-890-8856

*Thank you,
The WCMA Directors*

2014 WINCHESTER COUNTRY POOL & TENNIS REGISTRATION FORM

The following form must be completed and turned in before May 1, 2014 for POOL CARD activation. Tennis CARDS may be activated year round. All maintenance fees must be current for cards to be activated.

Last name: _____ First name: _____

Address: _____

☐ Own ☐ Rent

If Renting, Give Owner's name: _____

Phone: _____ Work Phone: _____

Email: _____

Emergency Contact Name & Phone: _____

Select card(s) to activate: ☐ Pool ☐ Tennis

Household Members

Include yourself. Falsifying information will result in loss of pool privileges.

| Name | Birth Date | Medical Conditions |
|-------|------------|--------------------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

You must select a box below for your registration to be processed!

☐ I am a homeowner with card(s) OR ☐ I am a renter with card(s).

Card #1: _____

Card #2: _____

☐ I am a homeowner needing replacement cards. A \$10 fee must be included for processing.

☐ I am a new homeowner requesting cards for the first time. There is no charge for your first card and it will be mailed to you. Additional cards are \$10 each.

☐ I am a renter requesting cards. Homeowner's name. A \$10 fee must be included for processing.

☐ I have read and hereby agree to abide by WMCA's pool and tennis rules posted in the newsletter, tennis court and at the pool.

Signature: _____

Date: _____

After May 1, there will be a \$10 fee charged to activate or receive your pool cards.

Please complete form, sign, stamp and mail to: Community Coordinator, 9607 Rio Grande, Houston, TX 77064 OR drop it in the mail slot at the clubhouse to the left of the gate under the bulletin board.

10 POWERHOUSE FOODS THAT WILL HELP YOU BURN FAT

Marissa Balch - CPT, Nutrition Coach Texas Fit Chicks Boot Camp

1. OATMEAL

Great source of soluble fiber and slow-digesting carbohydrates that will keep blood sugar and insulin in check so fat burning can stay high.

2. EGGS

A form of well-absorbed protein, healthy fats and Vitamin D (found in the egg yolk). Eggs also contain lecithin, which promotes healthy liver function, thereby helping the body to burn fat.

3. SALMON

High in omega-3 fatty acids, salmon reduces inflammation in the body and lowers LDL and triglyceride levels while raising good HDL levels. Salmon also has a beneficial effect on leptin (hunger hormone) levels in the body, which means it helps to suppress your appetite.

4. NUTS

Another source of fiber and rich in omega-3s, these fats help to regulate blood sugar and protect the heart and the immune system.

5. GRAPEFRUIT & BERRIES:

These fruits contain slow-digesting carbs and are rich in fat-fighting fiber. Strawberries, raspberries, blueberries and blackberries all are loaded with soluble fiber and antioxidants that protect blood vessels and promote healthy blood flow.

6. AVOCADO:

It's got fat, yes, but the good kind! The monounsaturated fats found in avocado are burned readily for fuel during exercise and actually encourage fat burning. Good source of fiber and antioxidants.

7. LEAFY GREENS:

Broccoli, specifically, is a fibrous carb that can make you feel full quickly—one reason why it's a great food for getting lean. Broccoli also contains phytochemicals that can help enhance fat loss.

8. CINNAMON:

Helps to reduce blood sugar levels, which in turn prevents the body from storing sugar as fat. Add it to your oatmeal and yogurt to enhance flavor without adding calories.

9. GREEN TEA:

Drink this! Not only is green tea packed with antioxidants, it also contains catechins, a phytochemical that helps speed up metabolism and burn more fat.

10. BEANS & LEGUMES

Great sources of protein and they normalize insulin levels and help keep your blood sugar steady throughout the day. Black beans, Garbanzo beans, red beans and lentils are all great to incorporate into your diet.

ARCHITECTURAL REVIEWS

ACC approval must be obtained before you:

- | | | |
|--|-----------------------------------|---------------------------------------|
| 1. Paint exterior of your house (even if the same color) | 7. Install siding | 14. Add solar/screen windows or doors |
| 2. Repair or replace your roof | 8. Install a patio or patio cover | 15. Replace your mailbox |
| 3. Repair or install a new fence | 9. Replace garage doors | 16. Add burglar bars |
| 4. Add a storage or tool shed | 10. Add a room addition | 17. Add landscaping |
| 5. Add a satellite dish | 11. Add a pool | 18. Add sidewalks |
| 6. Add an antenna | 12. Add a deck | 19. Add exterior lighting |
| | 13. Add a basketball goal | |

An ACC application must be completely filled out by the resident and mailed to SCS. SCS will approve the application and notify the resident. If they have any questions SCS might contact the board member responsible for Architectural review for further explanation of the improvement.

Celebrations Alert!

If you would like for us to recognize a birthday, anniversary or any "special" event in our monthly newsletter please send your information to wclubhouse@winchester-country.org or you may drop it off in the mail slot located in front of the office to the left of the pool gates. As of January 1, 2014, we will only printing new information, allowing us to keep our files current. Remember anything that has been published in the past will no longer be in future newsletters. We look forward to hearing from you.

YOUTH DIRECTORY UPDATES

If you would like to be listed in the 2014 Youth Directory, please email your name and information to wclubhouse@winchester-country.org or drop it off in the mail slot at the clubhouse office.

HAPPY JANUARY BIRTHDAYS

Maddi Abbondandolo 24th
Amanda Hamm 26th

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| | | | 1 New Year's Day | 2 Girl Scouts | 3 | 4 Clubhouse Booked |
| 5 Clubhouse Booked | 6 Girl Scouts | 7 Girl Scouts | 8 Cub Scouts | 9 Maintenance Board Meeting | 10 | 11 Clubhouse Booked |
| 12 Clubhouse Booked | 13 Girl Scouts | 14 | 15 Boy Scouts | 16 Girl Scouts | 17 Clubhouse Booked | 18 Clubhouse Booked |
| 1 Clubhouse Booked | 920 Girl Scouts | 21 Girl Scouts | 22 Cub Scouts | 23 Clubhouse Booked | 24 | 25 Clubhouse Booked |
| 26 | 27 Girl Scouts Seniors Group meets @ 6:00pm Everyone over 50 is WELCOME | 28 | 29 Boy Scouts | 30 | 31 | |

Notes: The Booked dates are subject to change. If you are interested in booking an event please contact the office @ 281 890-8856 and we will be happy to assist you. Please allow 24 to 48 hours for a call back. Thank you.

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Winter Safety Tips

Get prepared for the hazards of winter to stay safe and healthy when temperatures start to fall.

Keep Your Home Safe:

- Winterize your home by installing weather stripping and insulation.
- Insulate water lines that run along exterior walls.
- Clean out gutters and repair roof leaks.
- Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside.
- Inspect and clean fireplaces and chimneys.
- Install a smoke detector. Test batteries monthly.
- Prevent carbon monoxide (CO) emergencies by installing a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries regularly.

Prepare Your Car:

- Service the radiator and maintain antifreeze level; check tire tread or, if necessary.
- Keep gas tank full to avoid ice in the tank and fuel lines.
- Use a wintertime formula in your windshield washer.

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New Year!*

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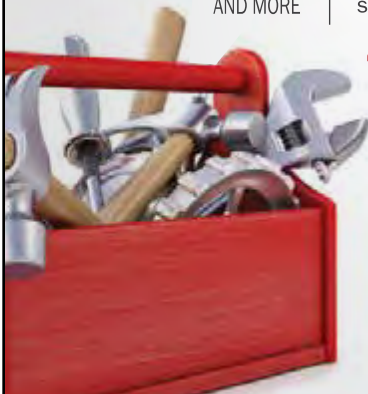
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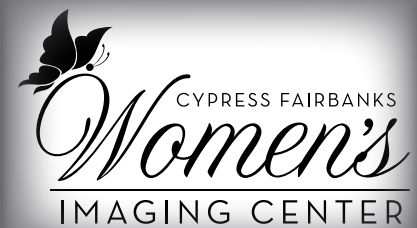
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